

SENSORY ROOM FUNCTIONS

- Bubble Tube:
 - SENSORY STIMULATION
 - The combination of color changing bubbles, moving fish, and gentle hum make this bubble lamp the ideal sensory product that stimulates the senses and creates a calming and relaxing atmosphere.
 - Ideal for children with autism, special needs, or ADHD.
- Bean Bag:
 - It can be used for relaxation.
 - Designed for coziness, comfort, rest
 - Allows you to reduce the load on the back muscles, and relax as much as possible.
- VEMA Pod Swing:
 - Kids engage their speech and play skills, as well as improve the ability to control their body and movements.
 - Consistent workouts using this type of equipment contribute to harmonious sensory and vestibular development
 - Reduces hyperactivity and anxiety in children
- Teepee:
 - It gives children a small space where they can go to self-regulate sensory input. The teepee reduces light and lowers sound, while providing an enclosed, comforting area inside the larger library.
- Rocking Chair:
 - For nursing mothers
 - Rhythmic movement helps calm kids with autism or other sensory needs. For kids who are sensory, sensory rockers and rocking chairs are a seating option that promotes calm and focus at home or in school. Kids can gently rock while reading, enjoying screen time or just hanging with family or friends.
- Concentration Rocker:
 - This chair rocks to help kids focus and calm! It's a great seat for reading, relaxing or sensory processing.
 - Supports children with autism, ADHD and sensory processing
- Caterpillar Wall Panel:
 - This multi-sensory busy board contains 8 different activities. The 5 panels feature a bead maze, lockable doors that open to reveal textured surfaces, interlocking gears, etc.
 - This busy board allows children to follow their curiosity. Watch them build motor skills, dexterity, coordination, descriptive language, and shape, space and reasoning skills.

SENSORY PROCESSING ISSUES

- Bubble Wall Mirror:
 - Provides highly engaged visual experiences for your sensory room or development center with bubble walls and mirrors.
 - Visual exploration
- Touch LED Lights:
 - Great for visual simulation
 - Build curiosity and social interaction through tactile and optical play
- Gel Tiles
 - visual processing and sensory stimulation for all ages.
 - Kids can step, sit or jump on the tiles and watch the colors ooze.
 - Children can push the gel around with their hands.
 - Supports sensory integration and gross motor skill development
 - Engages kids with ADHD, sensory integration disorder and autism
- Sensory Mat Module
 - helps to build nerve connections in the brain
 - Encourages the development of motor skills
 - Acts as sensory steps
 - Sensory Mat can be as Therapy Equipment and Assists Autistic Toddlers & Children with Sensory Issues
- Sensory Mood Shape Eggs
 - Use as needed
- Jellyfish Aquarium
 - Offers calm, relaxing, colorful movement and energy
- Weighted Blanket
 - Naturally calms the body through deep touch pressure
 - Benefits those with ADHD, autism, and anxiety.
- Sensory LED Light Projector
 - Projects relaxing water waves on the ceiling for a soothing bedtime effect
 - With this lamp can achieve a sense for physical and mental relaxing effect
- Infinity Light Mirror
 - Ideal for those on the autistic spectrum or the visually impaired
 - Gives off an infinity illusion of LED tunnel lights
 - LED lights can be switched off to use as a mirror
- Aromatherapy Essential Oils
 - Scents can have positive effects on mood, stress reduction, sleep quality, self-confidence, physical, and mental performance
 - The way the brain processes scents, the olfactory sense has been shown to have a big impact on memory and recall, making it a must-have in any dementia care facility

SENSORY ROOM INFORMATION

- Sensory Room:
 - A space designed to help an individual with sensory issues learn to regulate their brain's negative reactions to external stimuli by developing coping skills for these experiences
- Sensory Processing Issues:
 - Difficulties in organizing information from the senses.
 - These include responding to sight, sound, smells, touch and sensory input related to balance and movement
 - Sensory Processing Disorder (SPD)
 - A common co-occurrence
 - Sensory issues are often found in kids with ADHD or autism
- Sensory Processing Issues are **NOT**:
 - Just kids being "too sensitive"
 - Sensory issues can be overwhelming and can make it hard to function in school and at home
 - Can be a sign that kids need more discipline
 - Adults need to find out what's causing kids to melt down, not punish them for it
 - Always consistent
 - Responses to sensory input can vary from kid to kid and from day to day
- Kids with sensory processing issues may have trouble with:
 - Reacting in unexpected ways to what they hear, see, smell, taste, or touch
 - Spatial awareness and sense of balance
 - Eating, dressing, brushing teeth, and other self-care skills
 - Meltdowns from sensory overload
 - Fine motor skills
 - Social skills
 - Responding to pain (some kids are undersensitive to it)
 - Emotional regulation
 - Transitions and changes in routines
- Ways to help kids with sensory issues:
 - Occupational therapy
 - Can help kids with sensory issues feel less overwhelmed
 - Learn how to self-regulate
 - Cope with challenging situations
 - Classroom accommodations
 - Positive behavior intervention plans
 - Informal supports
 - Chewing gum
 - Using a fidget
 - Self-advocacy training
 - Can help kids understand
 - ask/explain to others what they need to succeed

SENSORY PROCESSING ISSUES

★ Sensory Processing Issues:

- Are real
 - Some people are much more- or much less- sensitive than others to what they hear, smell, taste, or touch
 - Sensory processing issues can also affect balance and movement
- Can be overwhelming
 - Bright lights and loud noises can trigger meltdowns beyond a person's control
 - These difficulties can lead people to seek out sensations too
 - Wanting to be hugged
- Are misunderstood
 - Trouble with sensory processing doesn't mean a person is "difficult" or "overreacting"

SENSORY ROOM INFORMATION

★ **THE AUDITORY SYSTEM (hearing)**

- Hearing, listening, interpreting, localizing sounds, and being able to filter and selectively attend auditory stimuli

★ **Sensitivity Symptoms**

- Sensitive to loud, sudden sounds
- Distracted by background noises
- Does not speak as well as others their age
- Has a significant history of ear infections
- Covers their ears often to block sound
- Asks others to repeat what they said
- Has trouble with phonics and learning to read
- Unusually high volume or low volume in their voice
- Often seems to ignore parents or teachers

★ **Activity suggestions**

- Use headphones or earplugs to block out background noises
- Simplify language when giving instructions to your child
- Give a verbal or visual warning before loud sounds (like fire drills) to cover ears
- Try Therapeutic Listening programs
- Include rain sounds in sensory space
- Calming, soft music to encourage regulation and self-calming
- Use a white noise machine, fan, etc
- Play clapping games

★ **THE VISUAL SYSTEM (sight)**

- Using our eyes to see what is far or close to us
- A typical person is able to use smooth and precise eye movements to scan and visually assess their environment

★ **Sensitivity Symptoms**

- Sensitive to sunlight or fluorescent lights
- Overly distracted by classroom or home wall decorations
- Poor hand eye coordination
- Difficulty tracking across a page while reading
- Difficulty copying from chalkboard
- Often complains of headaches
- Skips words or lines or loses their place while reading
- Poor handwriting and drawing skills

★ **Activity Suggestions**

- Decrease wall decorations
- Adjust lighting in sensory room
- Use window guide and/or colored overlays for reading
- Focus on eye-hand coordination activities
 - Playing catch

SENSORY PROCESSING ISSUES

★ **THE OLFACTORY SYSTEM (smell)**

- When we eat, we smell something first. If it smells good we are more likely to eat it. If it smells bad, that sends a warning that we may not like it OR that it is dangerous for us to eat.
- Smell travels through chemical receptors with direct neuronal connections to limbic system
 - Responsible for emotional memory
- This is often why our emotions are tied to smells and food

★ **Sensitivity Symptoms**

- Overly sensitive to certain smells and avoids them
- Limited diet (gagging or avoiding)
- Explores objects by smelling
- Craves certain smells or textures
- Holds their nose to avoid smells, even if you don't smell anything
- Avoids foods most children their age enjoy

★ **Activity Suggestions**

- Scented play dough, sensory dough
- Create smelling bottles with various spices or items to introduce new smells
- Scented chewable items
 - Gum
- Avoid scented soaps, lotions, perfumes

★ **THE TACTILE SYSTEM (touch)**

- Often the most commonly recognized sensory system of the body
- One of the most people notice most often if a child has an overactive or under-active tactile system
- Anything you touch or feel is part of this system

★ **Sensitivity Symptoms**

- Avoids messy hands, face, or just mess in general
- Has difficulty with certain clothing items such as tags
- Needs to touch everything
 - Brushing along walls while walking, picking up everything
- The need to fidget in order to focus or when bored
- Avoids hugs or physical contact with others
- Unaware of pain

★ **Activity Suggestions**

- Sensory bins with various textures
- Weighted blankets/lap pads
- Use fidget items to help focus back in
- Sensory play dough
- Deep pressure either by rolling a therapy ball across the back
- Using a stress ball for hand squeezes

SENSORY ROOM INFORMATION

★ THE PROPRIOCEPTIVE SYSTEM (Body position)

- One of the internal senses of the body that comes from the joints, muscles, ligaments, and other connective tissue
- Allows you to know where your body parts are and what they are doing without necessarily looking at them
- The receptors are in the joints, muscles, tendons, and perceive contraction, stretching, and compression

★ Sensitivity Symptoms

- Poor body awareness
 - Not knowing where their body or body parts are in space
- Poor coordination
 - They move awkwardly or stiffly
- Difficulty grading amount of pressure
 - Using excessive force on an object
 - Breaking a pencil or crayon then writing or coloring or not enough pressure
- May push, hit, bite, or bang into other children
- Avoid or crave jumping, crashing, pushing, pulling, bouncing, or hanging
- Chew on clothing or objects more than other children
- Have to look at what they are doing
 - Staring at their feet while walking or running

★ Activity Suggestions

- Weighted lap pads/vests
- Bean bag chair to sit in
- Dancing
- Rolling a ball
- Chewing bubble gum
- Squishing
- Jumping jacks
- Simon Says
- Stretching
- Crab walk
- Therapy putty

★ THE VESTIBULAR SYSTEM (movement)

- Located in the inner ear and helps you detect changes in regards to gravity
- Often referred to as the internal GPS system of your body

★ Sensitivity Symptoms

- Gravitational insecurities
 - Will become very upset when movement is forced upon them
- Movement intolerance
 - Uncomfortable with fast movement or spinning
- Craves spinning or swinging
- Does not like feet off the ground
 - Fearful of heights, fear of falling
- Has difficulty standing still
 - Constantly moving, fidgets
- Prone to being carsick or motion sick
 - Falling asleep immediately in a car, bus, boat, or airplane
- Becomes dizzy easily, or never becomes dizzy

SENSORY PROCESSING ISSUES

★ **Activity suggestions:**

- Use movement breaks
- Swinging
- Jumping
- Yogas poses
- Balance lines
- Dancing

★ **THE INTEROCEPTION SYSTEM**

- The internal sensory system of the body
- The receptors for this system are located in the organs, muscles, and skin
- Interoception is responsible for the sensations of hunger, thirst, temperature changes, bathroom needs, and any other internal body sensation

★ **Sensitivity Symptoms**

- Difficulty with toileting
 - Bed wetting and accidents
- Unable to track hydration or food intake
 - Never feel thirsty or hungry
 - Always feel thirsty or hungry
- Difficulty in recognizing and communicating internal body states or sensations
 - feeling hot/cold, pain, etc.
- Difficulty regulating emotions and feelings
 - Not feeling they are angry before they verbally or physically lash out
- Distracted by internal sensory input such as hearing their heartbeat
- Unable to tell how loud their voice is in an environment
 - May use sound to cover up unwanted stimuli

★ **Activity Suggestions**

- Mindfulness activities
- Yoga
- Alerting activities
- Repetitive and rhythmic vestibular input
- Visual prompts and cues to identify and communicate emotions

★ **THE GUSTATORY SYSTEM**

- You may recognize the gustatory system more by the word taste or oral sensory system
- Taste and smell or the olfactory system are very closely related

★ **Sensitivity Symptoms**

- Sensitive to brushing teeth
 - Hypersensitive
- Sensitive to food textures
 - Hypersensitive
- Mouthing non-food objects and exploring textures
 - Chewing pencils, clothing, etc
- Frequent drooling
- Loves or has a strong fear of going to the dentist

SENSORY ROOM INFORMATION

★ **Activity Suggestions**

- Chewing gum
- Vibrating toothbrush
- Drinking from a straw
 - Sucking can be focusing and help with attention
- Blowing bubbles
- Explore textures through sensory bins or messy sensory play